

Location	Tuesday	Wednesday	Thursday	Friday
<b>Child Support Enforcement Agency</b> 80 East Fulton Street Columbus, Ohio 43215 <i>*Bring County ID</i> <b>3rd Floor Conference Room</b>		<b><u>Cooking Demo:</u></b> <i>Mediterranean Couscous</i> <b>3/4/2015</b> 12 p.m. - 1 p.m.		
<b>Job and Family Services Northland Park</b> 1721 Northland Park Avenue Columbus, Ohio 43229 <b>Room 132 A</b>	<b><u>Cooking Demo:</u></b> <i>Mediterranean Couscous</i> <b>3/17/2015</b> 12 p.m. - 1 p.m.			
<b>Children Services East Main Street</b> 4071 East Main Street Columbus, Ohio 43213 <b>2nd Floor Kitchen</b>	<b><u>Cooking Demo:</u></b> <i>Mediterranean Couscous</i> <b>3/17/2015</b> 12 p.m. - 1 p.m.			
<b>Children Services West Mound Street</b> 855 West Mound Street Columbus, Ohio 43223		<b><u>Cooking Demo:</u></b> <i>Mediterranean Couscous</i> <b>3/18/2015</b> 12 p.m. - 1 p.m.		

## Class Descriptions

### **Cooking Demonstration:** **Fast Whole Foods— Mediterranean Couscous**

Are you always eating on the run and looking for fast, easy and good-tasting foods to fit a busy lifestyle? Join our expert dietitian as she prepares a balanced whole food Mediterranean couscous. Learn how to fit fast whole foods into your diet. Fast food can be nutritious and delicious!

To register please contact (614) 525-3948 or at [Thriveon@franklincountyohio.gov](mailto:Thriveon@franklincountyohio.gov)